



CHALLENGES IN CAREGIVING

GIVING CARE, TAKING CARE

A CONFERENCE FOR FAMILY CAREGIVERS

June 3, 2013

9:00AM — 4:30PM • TUKWILA COMMUNITY CENTER

Save the Date!

Caring for an elder or an adult with disabilities?

Learn more about:

- ♥ Managing medications at home
- ♥ What you need to know before a hospitalization
- ♥ Health benefits of humor & reducing stress
- ♥ Coping with feelings of grief, loss & depression
- ♥ Legal issues in caregiving
- ♥ Behavior strategies with developmental disabilities and dementia
- ♥ And more....

Early Registration Deadline

Reduced fee through May 15, 2013

- ♥ \$30 – family and volunteer caregivers
 - ♥ \$50 – agency-based community caregivers
- Limited space – you must pre-register, there is no registration at the door.

Call for more info!

To receive a conference brochure and registration form, call:

(360) 725-2544 or 1(800) 422-3263

Or email: CAREGIVINGCONFERENCE@DSHS.WA.GOV



Keynote Speaker, Robin Rose:

Robin Rose gets rave reviews from audiences across the country. She is passionate about teaching people practical skills that help them stay calm in high stress situations.

"One of the most informative hours I can recall."

"She is very engaging and able to apply principles to real life situations...On a scale of 1-10, she's an eleven."

Conference Hosts:

